


































MIDDLESEX COUNTY NUTRITION PROGRAMS





Program Name:	Finding Your Way Fit - community program
Agency/Institution:	St. Peters University Hospital
Address:	254 Easton Ave.
County:	Middlesex
Phone:	(732) 745-8600 x6553
Focus:	Improve Healthy Eating Habits
Services:	      
Population served:	All Ages.
Funded by:	Own Funding.
Fees & Charges:	Yes.
Other information:	





Program Name:	Healthy U 2002- employee program
Agency/Institution:	St. Peters University Hospital
Address:	254 Easton Ave.
County:	Middlesex
Phone:	(732) 745-8600 x6553
Focus:	Improve healthy eating habits.
Services:	      
Population served:	All Ages.
Funded by:	Own Funding.
Fees & Charges:	Yes.
Other information:	








Program Name:	Middlesex County Senior Meal Program
Agency/Institution:	Middlesex County Office of Aging
Address:	JFK Square, 5 th Floor New Brunswick, NJ 08901
County:	Middlesex
Phone:	(732) 745-3295
Focus:	To provide one nutritious meal- at least 1/3 RDA. Activities, educational, physical, entertainment is provided to help enhance the socialization and educational component of our program.
Services:	      5
Population served:	 
Funded by:	State, Federal, & County
Fees & Charges:	None
Other information:	-

Program Name:	RU Healthy Dining
Agency/Institution:	RU Healthy Dining Team
Address:	Dept. of Nutritional Sciences, Rutgers University, Davison Hall, New Brunswick, NJ 08901
County:	Middlesex
Phone:	-
Focus:	Educate students about nutrition and encourage them to make healthier food and lifestyle choices.
Services:	      5
Population served:	Adults & 
Funded by:	Rutgers Dining Services
Fees & Charges:	None
Other information:	-

Program Name:	Watch Your Step
Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Woodbridge, NJ 07095
County:	Middlesex
Phone:	(732) 855-0600
Focus:	Osteoporosis and injury prevention.
Services:	 
Population served:	  at risk for or suffering from osteoporosis
Funded by:	No funding
Fees & Charges:	None
Other information:	-







Program Name:	Women's Cancer Prevention
Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Woodbridge, NJ 07095
County:	Middlesex
Phone:	(732) 855-0600
Focus:	
Services:	 
Population served:	 
Funded by:	Woodbridge Township Health Department
Fees & Charges:	None
Other information:	-







Program Name:	Children's Healthcare Conference
Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Woodbridge, NJ 07095
County:	Middlesex
Phone:	(732) 855-0600
Focus:	Pediatric well care
Services:	 
Population served:	 
Funded by:	
Fees & Charges:	
Other information:	Programs for underinsured/uninsured






Program Name:	Nutritional Sciences Preschool
Agency/Institution:	Nutritional Sciences Preschool
Address:	26 Nichol Ave, Davidson Hall Rutgers University New Brunswick, NJ 08901- 2882
County:	Middlesex
Phone:	(732) 932-8895
Focus:	Promoting healthy eating habits for young children.
Services:	      5
Population served:	
Funded by:	Rutgers University
Fees & Charges:	Tuition-based
Other information:	Cooking in the classroom







MIDDLESEX COUNTY

PHYSICAL ACTIVITY PROGRAMS

Program Name:	Finding Your Way Fit - community program
Agency/Institution:	St. Peters University Hospital
Address:	254 Easton Ave.
County:	Middlesex
Phone:	(732) 745-8600 x6553
Focus:	Increase physical activity.
Services:	     
Population served:	All ages.
Funded by:	External grants.
Fees & Charges:	No
Other information:	







Program Name:	Healthy U 2002- employee program
Agency/Institution:	St. Peters University Hospital
Address:	254 Easton Ave.
County:	Middlesex
Phone:	(732) 745-8600 x6553
Focus:	Increase physical activity.
Services:	     
Population served:	All ages.
Funded by:	External grants.
Fees & Charges:	No
Other information:	

Program Name:	Physical Activity Programs
Agency/Institution:	YMCA Woodbridge Community Center
Address:	600 Main, Woodbridge, NJ 07095
County:	Middlesex
Phone:	(732) 596-4170
Focus:	
Services:	    
Population served:	All populations
Funded by:	YMCA Woodbridge Community Center
Fees & Charges:	Yes
Other information:	Joint effort between Woodbridge Township and YMCA

Program Name:	Nutritional Sciences Preschool
Agency/Institution:	Nutritional Sciences Preschool
Address:	26 Nichol Ave., Davison Hall, Rutgers University New Brunswick, NJ 08901-2882
County:	Middlesex
Phone:	(732)-932-8895
Focus:	To encourage physical activity to preschoolers and their families.
Services:	    
Population served:	 & information for parents (25-45 years old).
Funded by:	Parent tuition.
Fees & Charges:	Yes
Other information:	

Program Name:	Exercise for Fun, Movement for Fun
Agency/Institution:	Evergreen Senior Center
Address:	400 Inman Avenue, Colonia, NJ 07067
County:	Middlesex
Phone:	(732) 382-4700
Focus:	To increase exercise and fitness levels with the participants.
Services:	
Population served:	<i>GS</i>
Funded by:	Evergreen Senior Center
Fees & Charges:	None
Other information:	

Program Name:	Buddy Ball Program
Agency/Institution:	Woodbridge Township Health Department
Address:	2 George Frederick Plaza, Woodbridge, NJ 07095
County:	Middlesex
Phone:	(732) 855-0600
Focus:	To increase exercise and fitness levels with the participants.
Services:	🧠🔧📅
Population served:	Physically challenged
Funded by:	None
Fees & Charges:	None
Other information:	-

Program Name:	RU Healthy Dining Team
Agency/Institution:	RU Healthy Dining Team
Address:	Department of Nutritional Sciences, Rutgers University, Davison Hall, New Brunswick, NJ 08901
County:	Middlesex
Phone:	
Focus:	To encourage physical activity.
Services:	    
Population served:	Adults 19-40  .
Funded by:	Dining Services at Rutgers University
Fees & Charges:	None
Other information:	